

Dancer Health Tips: Backstage First Aid Kit Necessities

A first aid kit should contain all of the basic components necessary to administer basic first aid to anyone, as well as hold items specific to the needs of the traveling group. When a first aid kit is shared among various persons, it is essential that a regular inventory be taken of its contents. There are also components of the first aid kit, particularly medications, such as anti-inflammatories, that will have a "best before date" that should be adhered to.

1. Information

First aid manual

List of emergency medical service numbers if 911 service is not available

Local theater & hotel contacts e.g. EMS, hospitals, and physicians

List of performers with special medical conditions

Individual-specific medications, *Inhalers, *epi-pen, etc.

*These require a **prescription** from the medical team, check expiration dates!

2. Supplies

The following items should be stored in a well-organized, easily accessible carrying case:

Ace (elastic) bandages assorted sizes (2, 4, 6 inches wide)

Adhesive tape

Air stirrup brace for ankle sprain

*Albuterol inhaler (*prescription required*)

Alcohol (rubbing-isopropyl) & Alcohol wipes

Aloe or similar soothing topical cream

Antibiotic ointment

Antiseptic wipes

Arm sling / Triangular bandage

Bandages: Band-aids various sizes, butterfly wound closure, Steri-strips

Bleach and water solution comprising

1 part household bleach to 10 parts water

BP cuff & stethoscope

Calamine lotion

Cane & crutches

Cervical collar

Cold sore ointment
Cotton swabs, balls, Q-tips
CPR mouthpiece / face mask
Dermabond / super glue
Diarrhea medication
Duct tape
Elasticon / elastoplast tape
Energy bars and powdered electrolyte replacement drinks
*EpiPen (*prescription required*)
Eyedrops (lubricating- liquid tears)
Eyewash
Gauze rolls & pads
Hand sanitizer
Heating pad
Hydrocortisone cream
Hydrogen peroxide to clean wounds
Immobilizers & splints (knee, leg, fingers, arm, etc)
Indigestion medication (Diotame)
Insect repellent
Instant ice packs
Isopropyl alcohol to clean wounds
Kerlex gauze 4 and 6 inch
Latex gloves
Matches or lighter
Meds: Antacid, Antihistamine (like Benedryl), Anti-inflammatory medication (ibuprofen, aspirin), Decongestant tablets & nasal spray, Over-the-counter pain medication [aspirin], Ipecac
Moleskin
Non-adhering dressings [Telfa]
Penlight / Flashlight
Plastic bags (for ice)
Roller gauze
Safety pins
Saline solution
Scissors
Sling
Space blanket
Sugar or glucose solution (candy)
Sunscreen
Tampons
Tape: Cloth, paper, pre-wrap, Elasticon, Coban, Leukotape (McConnell) & Cover-Roll
Tape measure
Tape remover (mineral oil)
Thermometer
Triple antibiotic ointment
Tongue depressors (disposable wood)
Tweezers / needle
Vinyl or non-latex exam gloves
Wound care debridement kit

Other dancer health supplies

Balance board
Braces: for ankles, calves, knees, thighs, low back, wrists
Bucket (for icing)
Disinfectant wipes (for table, hands)
Documentation forms
Electric stim/ultrasound unit
Fascia free or other manual therapy lubricant
Felt ¼", ½"
Foam rollers
Foot roller
Mobilization belt & manual therapy props
Orthotics
Pillow & cases
Portable massage table
Pump for physioball
Stretching strap
Theraband (assorted colors/resistances)
Therapy balls (assorted: large blow up to small balls)
Thermacare (air activated heat wraps)
Yoga mat

Disclaimer

The information on traveling tips listed above are to help guide and inform the dancer and training staff while traveling, it is not meant to take the place of the advice of a medical professional. This information is provided by Dance/USA Task Force on Dancer Health.